

## CLAIMS

We claim:

1. A training aid comprising:  
an eyeglass frame having a pair of transparent lenses,  
each lens having an upper and lower region; and  
an opaque layer of film adhering to each of said  
transparent lenses, the opaque layer of film on  
at least one of said lenses covering at least  
part of the lower region thereof while leaving at  
least a portion of the upper region thereof  
uncovered and transparent.
2. A training aid according to claim 2, in which the  
opaque layer of film on each lens covers at least part of  
the lower region thereof while leaving the upper region  
thereof uncovered and transparent.
3. A training aid according to claim 2, in which  
said opaque layers are peelable from said lenses.
4. A training aid according to claim 2, in which  
said opaque layers adhere to said lenses by electrostatic  
attraction.
5. A training aid according to claim 2, in which  
each said lens has a lower edge, and in which each of said  
film layers has a width extending from a rightmost part  
thereof to a leftmost part thereof, and a lower edge  
extending across substantially the entire width of the film  
layer, the lower edge of each film layer conforming in  
shape to, and coinciding with, the lower edge of the lens  
to which it adheres.

6. A training aid according to claim 5, in which each of said film layers has an upper edge extending across substantially the entire width thereof, said upper edge being convex upwardly, whereby the film layers obscure a vertically higher portion of the central part of the visual field than of the left and right portions of the visual field.

7. A training aid comprising a sheet having a backing layer and a plurality of pairs of opaque layers of film supported thereon and peelable therefrom, the opaque film layers of each pair having a width extending from a rightmost part thereof to a leftmost part thereof, a downwardly convex lower edge extending across substantially the entire width of the film layer, and an upwardly convex upper edge, wherein the radii of curvature of all portions of the lower edge of each said opaque layer are greater than the radii of curvature of all portions of the upper edge thereof.

8. A training aid according to claim 7, in which the width of each of the opaque film layers of one of said pairs on said sheet is greater than the width of each of the opaque film layers of another of said pairs on said sheet.

9. A training aid according to claim 7 in which the height of each of the opaque film layers of one of said pairs on said sheet is greater than the height of each of the opaque film layers of another of said pairs on said sheet.

10. A training aid according to claim 7, in which the height and width of each of the opaque film layers of one of said pairs on said sheet are greater respectively than the height and width of each of the opaque film layers of another of said pairs on said sheet.

11. A training aid according to claim 1, in which the opaque layer of film on said at least one of said lenses covers substantially the entire width of the lower region, and right and left portions of the upper region thereof.

12. A training aid comprising:  
an eyeglass frame having a pair of transparent lenses,  
each lens having an upper and lower region, the  
lower region of each lens being defined in part  
by a lower edge of the lens; and  
a sheet having a backing layer and a plurality of  
pairs of opaque layers of film supported thereon  
and peelable therefrom,  
the opaque film layers of each pair having a width  
extending from a rightmost part thereof to a leftmost part  
thereof, and a lower edge extending across substantially  
the entire width of the film layer, the lower edges of the  
opaque layers of film of each said pair conforming in shape  
respectively to the lower edges of said transparent lenses.

13. A training aid according to claim 12, in which the width of each of the opaque film layers of one of said pairs on said sheet is greater than the width of each of the opaque film layers of another of said pairs on said sheet.

14. A training aid according to claim 12, in which each of said opaque film layers has an upper edge extending across substantially the entire width thereof, said upper edge being convex upwardly, and in which the height of each of the opaque film layers of one of said pairs on said sheet is greater than the height of each of the opaque film layers of another of said pairs on said sheet.

15. A training aid according to claim 12, in which each of said opaque film layers has an upper edge extending across substantially the entire width thereof, said upper edge being convex upwardly, in which the height and width of each of the opaque film layers of one of said pairs on said sheet are greater respectively than the height and width of each of the opaque film layers of another of said pairs on said sheet.

16. A method of training an individual in fielding baseballs using a glove, wherein baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision is obscured, whereby the individual is trained to follow each baseball visually along the entire path of travel of the baseball to the individual's glove.

17. The method of training according to claim 16, wherein parts of the individual's field of vision to the right and left of said central part of the lower portion of the individual's field of vision are also obscured, but the heights of the obscured right and left parts of the individual's field of vision are less than the height of

the obscured central part of the individual's field of vision.

18. The method of training according to claim 16, wherein, after baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision is obscured, the height of the obscured central part of the individual's field of vision is reduced, and further baseballs are thereafter repeatedly projected at, and caught by, the individual in said glove while the obscured central part of the individual's field of vision is obscured to a reduced height.

19. The method of training according to claim 16, wherein, after baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision is obscured, the width of the obscured central part of the individual's field of vision is reduced, and further baseballs are thereafter repeatedly projected at, and caught by, the individual in said glove while the obscured central part of the individual's field of vision is obscured to a reduced width.

20. The method of training according to claim 16, wherein, after baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision is obscured, the height and width of the obscured central part of the individual's field of vision are both reduced, and further baseballs are repeatedly projected at, and caught by, the individual in said glove while the

obscured central part of the individual's field of vision is obscured to a reduced height and width.

21. The method of training according to claim 16, wherein parts of the individual's field of vision to the right and left of said central part of the lower portion of the individual's field of vision are also obscured, but the heights of the obscured right and left parts of the individual's field of vision are less than the height of the obscured central part of the individual's field of vision, and wherein, after baseballs are repeatedly projected at, and caught by, the individual in said glove while the central part of the lower portion of the individual's field of vision and parts of the individual's field of vision to the right and left of said central part are also obscured, the heights of the obscured parts of the individual's field of vision are reduced, and further base balls are thereafter repeatedly projected at, and caught by, the individual in said glove while the obscured parts of the individual's field of vision are obscured to a reduced height.